

## The Retire Flyer



Welcome to Volume 11, Issue 1 of the Frederick County Employees Retirement Plan (FCERP) retiree newsletter.

If you have any suggestions (and we want to hear from you!) for information you would like to see published, please either email it to [DHoffman@FrederickCountyMD.gov](mailto:DHoffman@FrederickCountyMD.gov) or send it to the Division of Human Resources, 12 East Church Street, Frederick, MD 21701.

You can also visit the retiree link on the County web site for notices and information - <http://www.frederickcountymd.gov/4898/Retiree-Information-Resources>

### 2017 Retirement Check

#### Pay Dates

<u>MONTH</u>	<u>PAY DATE</u>
January	January 1, 2017
February	February 1, 2017
March	March 1, 2017
April	March 31, 2017
May	May 1, 2017
June	June 1, 2017
July	June 30, 2017
August	August 1, 2017
September	September 1, 2017
October	September 29, 2017
November	November 1, 2017
December	December 1, 2017

### Retirement Plan News

Please watch your mail for a letter announcing the search to fill two vacancies on the Retirement Plan Committee. It is County Executive Gardner's desire to have a retiree fill one of the vacant seats. Details are outlined in the letter. Feel free to contact Joyce Grossnickle with any questions- 301-600-1102.

Information on the state of the Retirement Plan will be posted on the County website in March.

<https://www.frederickcountymd.gov/4898/Retiree-Information-Resources>

## Vital health information in a minute

### Breakfast power

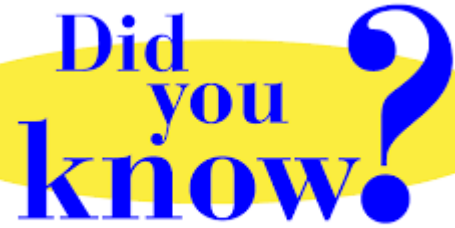
Start the day with a healthy balance of fruits, vegetables, whole grains and lean protein. Skipping meals slows down metabolism because without food your body will conserve energy and burn fewer calories.

### Strength training

Muscles burn more calories than fat. The more lean muscle you have, the more calories you burn – even while at rest. That's why lifting weights is a great way to maximize your metabolism. Get started with the basics.

- › Push-ups, sit-ups and pull-ups
- › Resistance bands
- › Hand weights
- › Yoga or tai chi

It's time to take a new look at losing weight and maintaining a healthy weight. It's not just about jumping from one diet to the next (and gaining back most of the weight). If you want to improve your health for the long run, focus on giving your metabolism a boost instead.

A graphic with the text "Did you know?" in blue, serif font. The text is set against a yellow oval background. The word "Did" is on the top line, "you" is on the middle line, and "know?" is on the bottom line. The question mark is large and stylized.

## What's New in the County.....

The FredCoConnect project continues and as part of the design process for the future use, we need to collect your email address. Please send your email address along with your name to [Human\\_Resources@Frederickcountymd.gov](mailto:Human_Resources@Frederickcountymd.gov). Thank you for your help!

*The 1099Rs will be mailed to your home address by January 31, 2017. Keep in mind, if you turned 59 1/2 in 2016, you will receive two 1099Rs. One for the distribution code of 2—early exception and one for the distribution code of 7—normal retirement. If you do not receive your 1099R and/or have any questions regarding the form, please contact Human Resources at 301-600-1625.*